

# Tips for Touring

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## COSMOS



For more than 70 years we have organized quality tours that have enriched, educated, and fascinated our clients. So we have plenty of experience helping passengers make the most of our tours.

Our most important tips for touring are compiled here — advice on everything from passports and what to pack, to airport check-in and motorcoach etiquette. Read this booklet carefully. It will serve as a handy checklist of items to remember and things to do before you depart on tour.

For other helpful hints specific to the vacation you're taking, please refer to the tour-specific booklet included with your travel documents. Here you will also find your Tour Member Certificate and tour code.

We wish you a very rewarding travel experience, and we look forward to serving you now and in the future.

1999 Edition

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## Passport & Visa Requirements

A valid passport is required for most international travel. There are very few countries that require visas for U.S. or Canadian citizens. If you are on a tour that visits a country requiring a visa, a visa information sheet for U.S. and Canadian citizens was sent to your travel agent. It is the responsibility of the traveler to secure required visas before leaving home. *Non-U.S. and Non-Canadian citizens (including those residing in North America) must consult with the appropriate consulates to determine if any visas are needed.*

Photocopy the opening pages of your passport that show name and number, passport pages with visas, and airline tickets. It will make their replacement easier if you lose them en route. You may also wish to carry a photocopy of your driver's license and/or birth certificate. These can also speed up passport replacement. Keep the copies in a place separate from the originals. It's useful to carry spare passport photos, too.

## Valuables

Do not take anything with you that will create an emotional or financial hardship if lost or stolen. Leave at home any credit cards you don't plan to use on tour, keys, as well as favorite or expensive jewelry. Also leave your address book; instead, carry a duplicate or brief list of important addresses and telephone numbers only. If you take jewelry, cameras, furs, and other new items that were made outside the U.S. and Canada, and imported, be sure to register these at customs before you leave. It takes only a few moments and eliminates a potential argument with customs when you return. You may register articles at any customs office, including those at airports, at no charge.

Carry all documents and money — passport, tickets, traveler's checks, driver's license, photocopy of your tour hotel list, cash, credit cards — on your person, but not all in the same place to limit the inconvenience in case of loss. Do not carry these important items in your suitcase or hand luggage. You may find a money belt useful while touring.

Never leave your hand luggage unattended in hotel lobbies or dining rooms.



## Baggage

Porterage for one suitcase on tour is included in the tour price. Due to limited coach capacity, this single bag should have dimensions not exceeding 30 x 18 x 10 inches and weight not exceeding 60 lbs (27 kg). A charge of US\$3 per traveling day will be collected by the tour director if a second piece of baggage is carried, or if the suitcase exceeds the established weight and/or dimensions. International air carriers may also impose fees or require you to remove articles and put them in another bag if weight or size limits are exceeded. **Test the weight of your packed suitcase. You should be able to lift and comfortably transport it short distances.** Drivers and porters will be lifting and transporting your luggage during the tour, so on their behalf we ask you to please keep the size and the weight within the above limits.

For your own comfort and that of fellow passengers, please limit the size of your hand luggage for easy storage on the motorcoach (approximately 17 x 14 x 8 inches). Please note that international air carriers are also strict about the size and weight of carry-on luggage. Wheeled carry-on cases are not suitable as hand luggage for motorcoach travel. We supply a baggage tag for you to fill out and attach in a conspicuous place to your suitcase. It is also a very good idea to put a label with your name, address, and telephone number on the inside of your suitcase and hand luggage. For security reasons keep all unchecked luggage in your immediate possession. Luggage left unattended can be confiscated by airport personnel.

Sometimes baggage is briefly "lost" by the airline, usually at the most for a day. Take a change of clothing in your hand luggage, or pack some of your clothing in your traveling companion's bag, so that you don't have to wear the clothes you have traveled in until your baggage is delivered.

## What to Wear

Traveling light is recommended. The best advice for packing is: "If in doubt, leave it out." When packing, adopt a simple color coordination plan for your vacation to reduce the quantity of clothing required. For every week of touring, five tops or

shirts and three skirts, Bermuda shorts or slacks that can be coordinated are enough. Sportswear is fine during the day. Wrinkle-resistant, easy-care cotton/polyester clothing is preferable for touring. Bring three smart casual outfits for evening. You may also wish to pack one dressier outfit if you are planning an evening at the theater or dinner at an elegant restaurant.

Pack one pair of comfortable walking shoes, one pair of dress shoes, sandals that double as slippers, enough underwear and socks so that frequent laundry isn't necessary, a warm sweater for the evenings, a folding umbrella, and a raincoat (with a removable liner in spring and fall). It may be warmer or cooler than normal and you may be traveling through different climates and altitudes, so layering makes sense. Check the "Helpful Hints & Information" section of your travel documents for further advice on clothing specific to your tour.

## Toiletries, Medicines, Sundries

Check that you've included a toothbrush, toothpaste, deodorant, razor, shaving cream (not the pressure-can type that can burst in a depressurized aircraft), sunscreen and sun hat (where appropriate), plenty of tissues, a couple of washcloths (some foreign hotels don't supply them), a travel alarm clock, and plastic bags for damp laundry and washcloths. It is a good idea to carry toiletries in plastic bags as protection against leaks; bring small trial sizes of toiletries to reduce luggage weight.

Bring an ample supply of any medicines you are taking, copies of your prescriptions, and the telephone/fax number of your doctor. Because of strict drug laws in some countries, drugs you take on doctor's orders should be carried in their original container showing the prescription label. Tell your tour director if you are currently under medical treatment.

If you wear glasses, pack an extra pair and/or a copy of your prescription. If you wear contact lenses, remember to pack eye drops and use them frequently if you are traveling in a dry climate.

Other items you may wish to bring: pre-printed address labels for your postcards and letters home; a small flashlight; manicure set; a mending kit; and swimwear, as some hotels may have a pool.



## What To Pack In Your Hand Luggage

Here are a few items we suggest you have with you at all times while you're touring and sightseeing: a good supply of any medication you are taking; extra film and spare batteries for your camera; light rainwear and a sweater; sunscreen and sun hat (where appropriate); a pen; pocket calculator; tape; insect repellent; aspirin; Band-Aids; a road map if you enjoy "plotting your progress"; and a small travel pillow.

## Leave a Safe Home

Arrange for pet, plant, and yard care; stop newspaper and mail deliveries; connect a few lamps and a radio to a timer; pay all bills that will come due while you are away; secure all windows and doors; and disconnect all electrical appliances that will not be in use.

## Other Things to Do Before Leaving

- Check that you have adequate travel protection (insurance) coverage.
- Make hair appointments and any necessary medical appointments, including vision and dental checks, before you leave.
- Rest as much as you can in the week before leaving since travel can be strenuous. As sightseeing generally includes some walking, you might take some brief walks around the block if you are sedentary.
- Leave a photocopy of your tour itinerary and hotel list with a friend or relative so that you can be contacted quickly in an emergency.
- The more you know about where you are going, the more interesting your tour will be. So read about the countries or regions you are visiting. Government tourist offices provide free brochures and maps, libraries and bookstores carry guidebooks and novels set in foreign locales, and bookstores sell phrase books and dictionaries.

## A Word About Tipping

Gratuities to your tour director and driver are not included in the tour price. While the amount of these gratuities will depend upon your degree of satisfaction for services received, many of our clients have asked us for general tip-

ping guidelines. For a good job, we suggest US\$2 to \$3 per tour day per tour member for the tour director and US\$2 to \$3 per tour day per tour member for your driver. It is also customary to acknowledge a particularly good performance of a local city guide by leaving a tip.

## Cameras, Film, Videos

Make sure your camera equipment is working, and bring plenty of film and a spare set of batteries. Airport security X-ray machines may or may not damage exposed film — there is no certainty. At most airports security staff will check cameras and film containers by hand if you ask them. Foil that protects film from X-ray damage can be purchased at camera stores.

Label your camera (and/or camcorder) and film bags with your name and tour code; should you lose them, there's a better chance of their being returned. Remember, never leave your camera in your hotel room; check that you have not left your camera or films on the motorcoach at the end of your tour or airport transfer.

If you purchase videos abroad, check that they are on the correct system (VHS etc.).

## Home Airport Check-in

It is important that you arrive at the airport at least 90 minutes before domestic flights and two hours in advance for international flights. This will allow you to check your baggage and present your passport and ticket. This will also allow you to get seat assignments and boarding passes if you have not already done so, then pass through security procedures to the boarding area.

If you are connecting with an international flight, be sure to observe legal minimum connecting times to transfer from one flight to the other if you have had your baggage checked through to your final destination. You'll need even more time if you have to transfer baggage yourself and check it again. Flights are often late arriving for connections; you'll save yourself worry, effort, and expense if you allow plenty of time for every flight.

Transfers to and from the home airport are not included in the tour price.



## Comfort on Airplanes & Avoiding Jet Lag

- To help the adjustment to new time zones, just after take-off, set your watch to the time zone you're heading to.
- If your flight arrives in the morning, try to sleep on board.
- Rub moisturizer on your face and hands or spritz your face with a water-filled atomizer to avoid dry skin and feel refreshed.
- If you feel pressure in your ears due to the change in altitude, swallow, yawn, blow your nose, or chew gum.
- When possible, walk up and down the aisle to stretch your limbs and get your blood circulating. Occasionally rest your feet on your hand luggage to avoid having the seat press against the back of your legs.
- Drink plenty of water on the plane; carry on your own bottled water so you'll always have some on hand. Avoid alcohol, caffeine, and carbonated drinks.
- Avoid wearing contact lenses in flight because cabin air tends to dry them out.
- If you arrive at your destination in the morning or afternoon, try to keep awake until evening; it will help your body clock adjust more quickly.

## The 24-Hour Clock

Some foreign countries show times using the 24-hour clock, which eliminates the a.m./p.m. distinction and uses a different number for each hour of the day. Beginning with 2400 or 0000 (midnight), the day progresses from 0100 (1:00 a.m.) to 2300 (11:00 p.m.) Minutes are indicated in the conventional way so that 0645 is 6:45 a.m., 1845 is 6:45 p.m., and 2319 is 11:19 p.m.

0100 = 1:00 a.m.	1300 = 1:00 p.m.
0200 = 2:00 a.m.	1400 = 2:00 p.m.
0300 = 3:00 a.m.	1500 = 3:00 p.m.
0400 = 4:00 a.m.	1600 = 4:00 p.m.
0500 = 5:00 a.m.	1700 = 5:00 p.m.
0600 = 6:00 a.m.	1800 = 6:00 p.m.
0700 = 7:00 a.m.	1900 = 7:00 p.m.
0800 = 8:00 a.m.	2000 = 8:00 p.m.
0900 = 9:00 a.m.	2100 = 9:00 p.m.
1000 = 10:00 a.m.	2200 = 10:00 p.m.
1100 = 11:00 a.m.	2300 = 11:00 p.m.
1200 = noon	2400 = midnight

## Clothing Sizes

We have included a chart to guide you if you shop for clothes abroad. As you know, sizes will vary from manufacturer to manufacturer. If you plan to buy clothes as gifts, bring with you the recipient's size or measurements and a tape measure.

WOMEN'S DRESSES, COATS, BLOUSES									
U.S./Canada	8	10	12	14	16	18	20	22	24
UK	10	12	14	16	18	20	22	24	26
Metric	36	38	40	42	44	46	48	50	52

WOMEN'S SWEATERS					
U.S./Canada	36	38	40	42	44
UK	36	38	40	42	44
Metric	40	42	44	46	48

MEN'S SWEATERS				
U.S./Canada	S	M	L	XL
UK	34	36-38	40	42-44
Metric	44	46-48	50	52-54

MEN'S SHIRTS						
U.S./Canada/U.K.	14½	15	15½	16	17	18
Metric	37	38	39	41	42	43

WOMEN'S SHOES							
U.S./Canada	5½	6	6½	7	7½	8	9
UK	4	4½	5	5½	6	6½	7½
Metric	35½	36	36½	37	37½	38	39

MEN'S SHOES							
U.S./Canada	8	8½	9	9½	10	11	12
UK	6½	7	7½	8	8½	9½	10½
Metric	42	42½	43	43½	44	45	46

CHILDREN'S CLOTHING					
U.S./Canada	3	4	5	6	6X
UK	18	20	22	24	26
Metric	98	104	110	116	122

(For older children, sizes generally correspond with their age.)



## Determining Time

Knowing the time differences between cities is helpful both in planning communications and in determining actual length of transportation time. The time line we have provided is a simplified way to measure time differences between cities. For example, when it is 3pm in New York or Toronto, it is 8pm in London and 5am the next day in Tokyo. Note: The time line does not reflect adjustments for daylight savings time.



### SUNDAY

10am	Hawaii Tahiti
12noon	L.A. San Diego S. Francisco Seattle Vancouver

1pm	Albuquerque Calgary Billings Denver Salt Lake
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2pm	Cancun Chicago Dallas New Orleans St. Louis
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3pm	Lima Miami N.Y. San Diego Toronto
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4pm	San Juan Santiago Toronto St. Martin
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5pm	Dublin Edinburgh London Shannon
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6pm	Copenhagen Frankfurt Lisbon Madrid Paris Rome
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7pm	Algiers Cairo Capetown Helsinki Johannesburg Tel Aviv
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8pm	Moscow Nairobi
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9pm	Beijing Hong Kong Singapore Taipei
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10pm	Bangkok
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11pm	Tokyo Seoul
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12noon	Brisbane Melbourne Sydney
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1pm	Auckland Christchurch Fiji
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## Hotel Check-in

If your flight arrives in the morning at the city where your tour starts, you may arrive at your tour hotel before noon. Official check-in and check-out times vary from hotel to hotel, so it could be mid-afternoon before the staff has your room ready. We do our best to prevent this from happening, but hope that when it occurs (usually at peak travel periods), you'll try to take it in stride. Some people use the time to explore the neighborhood, maybe shop or sightsee; others relax in the hotel lobby. It is one of those occasional inconveniences that are part of traveling.

On arrival at your hotel, please check to see if your tour director has already posted information about your tour in the lobby.

## Special Meal Requests

Unlike an airline we cannot process requests for special meals. While some hotels may be able to provide a special diet, such as vegetarian or salt-free food, there is no way for us to guarantee this. Special food costs extra. Please ask your tour director for assistance.

## Motorcoach Travel

Whether you've chosen an itinerary that includes motorcoach travel every day of the tour, or one in which you fly between cities and only use a coach for city sightseeing, it's important to take note of the following etiquette:

Everyone wants to make the most of the time available and see as much as possible — so it is important that every tour member is on time all the time.

For non-smokers and moderate smokers an otherwise perfect vacation can be spoiled if they are forced to inhale other people's smoke on a motorcoach. We therefore do not allow smoking on the coach. There are plenty of opportunities to smoke during the frequent stops.

Heavy perfume or strong aftershave can inconvenience other passengers. Be considerate of other tour members and use these items sparingly.

Perishable food items should not be carried on the coach. To avoid food odors and to keep the coach as clean as possible, please bring on board only dry foods.



In some countries, carrying perishable food items across the border is not permitted.

To give everyone a variety of views we observe the custom of daily seating rotation. For safety reasons all passengers are reminded to remain seated while the motorcoach is in motion.

On some tours we use motorcoaches with an emergency washroom. Due to a shortage of adequate cleaning and dumping facilities, this facility is reserved for true emergencies, and must not be used regularly in lieu of the rest rooms at comfort stops.

## Border Crossings While on Tour

Tour participants usually pass through border crossings and customs without formalities; however, you must be prepared to open your baggage for inspection at any time. Proper identification should be carried at all times. Before leaving home, check your tour itinerary carefully, and ask your local consulates about visa and passport entry requirements.

## Hours of Worship

If you would like to attend a service and it fits in with your itinerary, check with your hotel reception desk for local places and times of worship.

## Your Spending Money

On tour you will need spending money for meals or entrance fees not included on tour, additional beverages at meal times, optional excursions, gratuities, shopping, and incidental expenses. We suggest that you take more money than you think you'll need. It is time-consuming and sometimes difficult to obtain additional money from home when you're on the move.

Major credit cards are accepted by shops and hotels throughout the world. However, you may encounter stores or restaurants that require a minimum charge for using them. You might consider bringing more than one card, as some outlets may not accept all cards. Before traveling, check that your credit cards are valid for at least 30 days after completion of the tour.

You will also find an ATM (automatic teller machine) card useful. The Plus and Cirrus logos are now displayed at many ATM locations worldwide. **Be sure to activate your ATM and/or credit card before traveling, and don't forget to bring your PIN code to facilitate use. Check with your bank to ensure you can withdraw cash on your card if necessary, especially if traveling abroad.**

You may also like to bring some money in traveler's checks. If lost or stolen, they can be replaced fast, and without loss of funds, if their disappearance is reported within the time stipulated by the company that issued them. Carefully follow the advice of the traveler's check company to keep your receipt and the list of checks that shows which you have used, in a place separate from the checks themselves. Never countersign a traveler's check until the moment you use it.

Depending on where your tour takes you, you may not be able to use traveler's checks to purchase items in stores or pay for restaurant meals; instead you will exchange the checks for cash at a local bank. It's a good idea to bring some in larger denominations (\$50, \$100) as banks usually have a fixed-rate service charge when you exchange dollars for local currency.

Before you leave on your trip, you might also purchase currency for each country you will visit. It is available at major banks and international airports. The exchange rate may not be advantageous, but the convenience is worth the small extra cost.

You may also like to bring US currency for tipping your tour director, driver and local guides; for gratuities in restaurants or for taxi drivers use the local currency. Hide a couple of \$20 bills on your person as emergency funds while traveling; these can always be exchanged at a bank for local currency.

More information on spending money may be found in the tour-specific "Optional Excursions" and "Helpful Hints & Information" sections of your travel documents.

## Tour Questionnaires

We are sincerely (and professionally) interested in your detailed comments about your tour. We constantly strive to



further improve our tours in response to such comments. Near the end of your tour, a questionnaire will be distributed and we hope you will take a few minutes to complete it and hand it to the tour director. Responses are not given to service inquiries made on tour questionnaires. Please refer to the section of the Tour Conditions, "Service Inquiries After the Tour," located in the ending pages of this booklet or in the tour brochure. We greatly appreciate your cooperation.

## Customs on Your Return

**U.S. Citizens:** Returning U.S. residents are granted a tax exemption on articles totaling \$400 in retail value if they accompany you, are for your own use, and are declared. The \$400 exemption may not be claimed if you have used the exemption, or any part of it, within the preceding 30-day period. The exemption is not cumulative. No more than 200 cigarettes (one carton) and 100 cigars may be included in your exemption. One liter (33.8 fl. oz.) of alcoholic beverages is allowed duty-free for those over 21 years of age if it is not in violation of the laws of the state in which you arrive. Customs regulations permit U.S. citizens traveling abroad to send home one gift each day (tobacco, perfume, and liquor excepted) not exceeding a value of \$50 per day. The package must be clearly marked "Gift Enclosed" and the value must be clearly indicated on the outside. Gifts mailed home in this way need not be included in your customs declaration.

**Canadian Citizens:** Returning Canadian residents can claim a C\$500 tax exemption anytime they have been absent from Canada for at least seven days. The exemption is not cumulative. No more than 200 cigarettes (one carton), 50 cigars and 1.14 liters (40 oz) of wine or liquor may be included in your exemption, provided the person meets the age requirement set by the various provinces or territories.

Customs regulations permit Canadian citizens traveling abroad to send home gifts not exceeding a value of C\$60 per gift (must not be tobacco and alcoholic beverages). The package must be clearly marked "Gift Enclosed" and the value must be clearly indicated on the outside. Gifts mailed home in this way need not be included in your customs declaration.

## Travel with an Open Mind

If the history, culture, and way of life of the places you are visiting are unfamiliar or vaguely remembered from school days, they will come alive with the guidance of our expert tour directors and local guides.

Do not be provoked by things that are different. Tolerance and friendliness towards others, including fellow tour members, will always be appreciated. Your customs may seem as peculiar to your "hosts" as theirs seem to you. Remember that everyone with whom you come into contact is human; you should not expect perfection. Even though you may not speak the language, a smile and a "thank you" is universally understood. In our small way, each of us who travels abroad can be a goodwill ambassador.

## Shopping in Europe & Recommended Shops

A trip to Switzerland without visiting one of the major watch stores is unthinkable, and what would a stay in Venice be without an opportunity to shop for fine hand-blown Murano glass?

The list is long: in Amsterdam it's diamonds, in Scotland tweed, in Florence leather goods, in France perfume.

To enhance your shopping enjoyment in Europe, we recommend shops where we can vouch for the integrity of the owners. The merchants we suggest offer an excellent selection of the best local products, displayed so that browsing is interesting whether or not you want to buy. The prices are reasonable. The staff speaks English and can efficiently dispatch bulky purchases to your home. When necessary our shops give reliable post-sale service.

Several European countries reimburse sales tax (usually called VAT) to overseas visitors. Your tour director and shop assistants at our recommended stores will advise you how to take advantage of this saving.

On the following four pages you will find a list of recommended shops that you may encounter on your tour.



## Recommended Shops

- Austria**  
**Crystal:**  
 CRYSTAL GALLERY SWAROVSKI HAUS  
 Herzog Friedrich Strasse 39  
 6020 Innsbruck  
 Tel. (0512) 573100 - Fax. (0512) 573530
- Belgium**  
**Belgian lace:**  
 LOUISE VERSCHUEREN  
 16 R Watteu, 1000 Brussels  
 Tel. (02) 5110444 - Fax. (02) 5138578
- France**  
**Perfumes:**  
 PERFUMERIE FRAGONARD  
 Bd. Fragonard 20, 06130 Grasse  
 Tel. (0493) 364465 - Fax. (0493) 365732  
*and*  
 39 Boulevard des Capucines  
 75002 Paris  
 Tel. (0142) 603714 - Fax. (0142) 603229
- Germany**  
**Handicrafts and cuckoo-clocks:**  
 FAM. DRUBBA  
 P.O. Box 2050, 79815 Titisee  
 Tel. (007652) 9010 - Fax. (07652) 1031  
  
 WILLI'S UHRENSPIEL  
 Landstrasse 7  
 78136 Hornberg, Triberg  
 Tel. (07833) 8037 - Fax. (07833) 7724
- Gibraltar**  
**Jewelry and souvenirs:**  
 ANTONIO JEWELLERS  
 47 Main Street, Gibraltar  
 Tel. (0350) 74105-7 Fax. (0350) 74107  
 Tel. (0350) 79121 / 77706 Fax. (0350) 40053
- Ireland**  
**Fine china:**  
 ROYAL TARA CHINA  
 Mervue  
 Galway - Tel. (091) 751301  
  
**Galway crystal:**  
 GALWAY IRISH CRYSTAL HERITAGE CENTRE  
 Merlin Park, Dublin Road  
 Galway - Tel. (091) 757311  
  
**Handwoven woollens:**  
 AVOCA HANDWEAVERS  
 Avoca Village  
 Co. Wicklow  
 Tel. (0402) 35105

**Knitwear & Waterford Crystal:**  
 BLARNEY WOOLLEN MILLS  
 Blarney, Co. Cork - Tel. (021) 385280  
*and*  
 21-23 Nassau Street  
 Dublin 2 - Tel. (01) 6710068

**Woollens and pottery:**  
 THE KILKENNY SHOP  
 5-6 Nassau Street  
 Dublin 2, - Tel. (01) 6777066

## Italy

**Art**  
 SAVELLI MOSAIC GALLERY  
 Via Paolo VI 27/29  
 00193 Rome  
 Tel. (06) 68307017 - Fax. (06) 68804439

**Leather goods:**  
 PELLETERIA PERUZZI s.r.l.  
 Via Magliabechi 23/27  
 50122 Florence - Tel. (055) 242832

**Jewelry:**  
 THE GOLD CORNER  
 Piazza Santa Croce 15r  
 50122 Florence  
 Tel. (055) 241971 - Fax. (055) 2478437

**Inlaid woodworks factory:**  
 LUCKY STORE s.r.l.  
 Piazza Antiche Mura 2/7  
 80067 Sorrento  
 Tel. (081) 8785649 / 8783397 / 8071222  
 Fax. (081) 8071106

**Murano hand-blown glass:**  
 VECCHIA MURANO  
 Calle Largo San Marco 4392/A  
 30122 Venice - Tel. (041) 5204144 / 520414

GALLERIA DEI DOGI VENEZIANI  
 San Marco / Calle del Pellegrino 292  
 30124 Venice - Tel. (041) 5226121

## Morocco

**Carpets and souvenirs:**  
 ANDALOUS  
 15 Derb Selma, Fes-Medina  
 Tel. (0212 5) 632971 - Fax. (0212 5) 638740

DAR NEJJARINE  
 14 Derb Dermami  
 Nejjarine, Fes-Medina  
 Tel. (0212 5) 638748 - Fax. (0212 5) 636341

LA BAHIA  
 3 Rue Bouakda, Fes-Medina  
 Tel. (0212 5) 633982 - Fax (0212 5) 638740



**Netherlands** **Diamonds:**  
 VAN MOPPE DIAMONDS  
 Albert Cuypstraat 2-6  
 1072 CT Amsterdam  
 Tel. (020) 6761242 - Fax. (020) 6790477

**Northern Ireland** **Parian china:**  
 BEILEEK POTTERY LIMITED  
 Belleek, Co. Fermanagh  
 BT93 3FY - Tel. (0136 56) 58501

**Scotland** **Woollen goods:**  
 THE SCOTTISH WOOL CENTRE  
 Aberfoyle FK8 3UG  
 Tel. (01877) 382850

THE MOFFAT WOOLLEN MILL  
 Ladyknowe, Moffat  
 Dumfriesshire DG10 9EP  
 Tel. (01683) 220134

JAMES PRINGLE WEAVERS OF INVERNESS  
 Dore Road  
 Inverness IV2 4RB  
 Tel. (01463) 223311

JEDBURGH WOOLLEN MILL  
 Bankhead North, Edinburgh Road  
 Jedburgh TD8 6ED  
 Tel. (01835) 863585

**Spain** **Porcelain and leather:**  
 LLADRO  
 Mestre Piel  
 Ronda San Pedro 5  
 08010 Barcelona - Tel. (03) 3176727

**Switzerland** **Woodcarving and souvenir shop:**  
 ED JOBIN AG  
 3855 Brienzen  
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## Country Highlights & Facts

Europe is a vast continent - it's a magnificent patchwork of cultures, climates, traditions, and history. Before you embark on your tour, we recommend you read up on the countries you plan to visit. To help you get started, we've included some background information - some history, facts, figures, and highlights - of nearly all the European and Middle Eastern countries to which Globus tours. For more tips about the destinations on your specific tour, please see the "Helpful Hints & Information" section in your document booklet.

*Tower Bridge, London*





## BRITAIN & IRELAND

### England

This small country once ruled one quarter of the Earth's surface and its Parliament is the model for all democracies. From the noble dukes to commoners, the English are proud of their history and have a great respect for their customs and traditions. Time and repetition have perfected rituals like the State Opening of Parliament and the Changing of the Guard – they thrill the visitor and resident alike.

England's heroes are known worldwide: Admiral Nelson, Lawrence of Arabia, Henry VIII (who had six wives!), and Alfred the Great just to name a few. Writers such as Dickens, the Brontës, Jane Austen, and Shakespeare were inspired by England's busy cities, its charming countryside, and ancient castles.

English food is hearty, simple, and flavored with fewer spices than cuisine in other European countries. Some typical dishes you'll find in pubs and restaurants are roast chicken, fish and chips, steak and kidney pie, shepherd's pie, and bangers and mash – thick sausages accompanied by mashed potatoes. When shopping, look for crystal, china, antiques, pipes and tobacco, porcelain, silver, teas, pewter, and woollens and other fabrics.



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KENSINGTON PALACE, Queen Victoria's birthplace, is still home to several members of the present day Royal Family. Attractions include the splendid Cupola Room and the beautifully restored King's Gallery with its fine collection of 17th century paintings.

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*For more information on these finest of English treasures please contact a Globus or Cosmos uniformed representative.*



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## Scotland

Although Scotland's population is just 5 million, an estimated 27 million people around the world claim Scottish ancestry. And who wouldn't be proud to be associated with a nation that gave the world antibiotics, television, the bicycle, asphalt, tweed, and whisky?

A clean, neat country with modern, vibrant cities, Scotland has an ancient and proud history – one you'll certainly hear about while touring its historical sites and castles. In Scotland you'll find soaring, rugged mountains and famous lochs. Though the weather is usually cool and sometimes rainy, you will find palm trees flourishing on the 55th parallel.

Scottish craftspeople offer a number of products that make excellent gifts: woolen knitwear, Harris tweed, and tartan kilts. Glassmaking and engraving are also thriving crafts. At breakfast time you'll try porridge, a "smokie" or "kipper," a rasher of bacon, oatcakes, and a "soffie." With tea you might sample shortbread and Dundee cake. To drink you'll have to consider Scotch whisky, the country's biggest export.

*Dunrobin Castle, Scotland*



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## Wales

The ruined castles and brooding hills remind the traveler that Wales is a land of gentility, tranquility, and antiquity. It is a country that withstood the advances of Roman, Saxon, Viking, and Norman warriors with fortitude and humor. Wales (from the Saxon word "Walesa," which means "foreigner") is the most Celtic of countries. English and Welsh are both official languages – and in some parts of the country, more than three-fourths of the people speak Welsh as their daily language.

Welsh is a land of poets and singers. The traditions of Welsh literature and music go back to the bards of the Middle Ages. Dylan Thomas is the most celebrated Welsh poet of the 20th century. The *eisteddfod* is a festival and competition of poets and musicians. Various *eisteddfods* are held throughout the country every year.

Welsh cooking is simple. Favorites include roast Welsh lamb served with mint sauce. Other dishes include *cawl*, a clear broth with vegetables, and Welsh rarebit, melted cheese and butter served on toast. Shop for woolen goods, patchwork quilts, local handicrafts, slate and granite items, and wrought-iron work.



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You are invited to come and share in an evening of Welsh hospitality. After a tour of some of the splendid apartments of Cardiff Castle, enjoy a delicious feast accompanied by wine, mead, and the lovely melodies of Wales sung by the fair Ladies of Morgannwg, accompanied by harp and minstrels.



## Ireland

The Emerald Isle's welcome is as warm and friendly as the island is green. Not content with just a hello or a smile, the Irish greeting to people is *Cead mile faite*, "One hundred thousand welcomes." Another Gaelic saying is, "There are no strangers in Ireland, only friends we have yet to meet." The Irish, with their delightful accents, wit, and gift of gab, are as fascinating as the country itself.

While Ireland's friendly people may be reasons enough to visit the country, equally compelling is the country's lovely scenery – from its pastoral countryside, to its small fishing ports, to its sheer ocean cliffs. Ireland's cities – Dublin, Limerick, and Cork to name a few – offer endless sightseeing and shopping opportunities.

Traditional Irish products like crystal, china, jewelry, lace, linen, Aran sweaters, and Donegal tweeds make wonderful souvenirs and gifts. Traditional Irish dishes include Irish stew (neck of mutton with potatoes and onions); colcannon (mashed potatoes, onions, parsnips and white cabbage in butter or cream); and collar and cabbage (a collar of bacon which has been boiled, coated in breadcrumbs and brown sugar, and baked, served with cabbage cooked in bacon stock). And to drink, a stout made by Guinness or an Irish Coffee.



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## Austria

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Austria, with approximately 8 million inhabitants, inspired musicians such as Strauss, Mozart, Haydn, Schubert, Bruckner, and Mahler, the famous psychoanalyst Sigmund Freud, and artists such as Gustav Klimt, Egon Schiele, Oskar Kokoschka, and Hundertwasser who have enriched its culture through the years. The country is of largely German influence, both in the spoken language and the cuisine.

Coffeehouses beckon temptingly to sample pastries such as the delicious *Sacher Torte* and *Apfelstrudel*. In the famous wine-cottage district of Grinzing by the Vienna Woods, try the local *Wiener Schnitzel* and a glass of Heurigen wine to the accompaniment of *Schrammelmusik*. Browse in the elegant boutiques, shop for fine Swarovski crystal, and relax to a concert of Mozart or Strauss in one of Vienna's famous concert halls... until it's time to bid *Auf Wiedersehen* to this lovely country.

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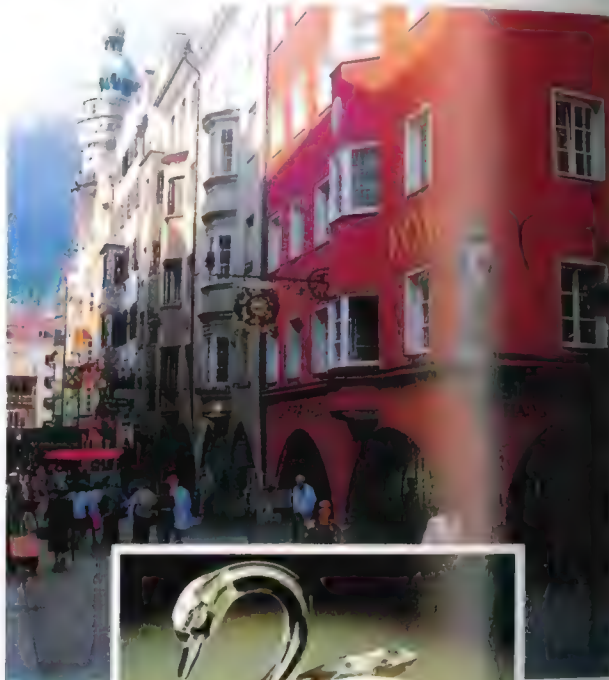


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## Baltic countries

Since gaining their independence after the fall of the Soviet Union, the Baltic countries of Estonia, Latvia, and Lithuania are becoming increasingly popular as travel destinations for tourists from the Western world. All three demonstrate pride in recovering their sovereignty; and residents take pleasure in sharing their historic cities, monuments, and beautiful natural scenery.

The terrain in this area of the world is varied. Each country boasts thousands of lakes, created by retreating glaciers after the Ice Age. Estonia is relatively flat, with forests and marshes covering most of the land. Latvia has rolling plains, hills and valleys. Lithuania is a green and flat country.

Food in the Baltic countries is plain, but hearty. In Estonia you'll find lots of fish dishes, including forrell (smoked trout) with praetud sai (fried bread) and boiled potatoes. Cabbage is a year-round staple in Latvia, where favorite dishes include zirni (brown peas served with a sauce made from ham and karbonade (fried pork with mashed potatoes). Potatoes and soups are popular in Lithuania, such as saltibarsciai (cold beet soup) and cepelinai (grated boiled potatoes stuffed with meat or cheese and eaten with butter or cream).

## Belarus

About the size of Kansas with a population of 10.4 million, Belarus is landlocked, surrounded by Russia, Ukraine, Poland, Lithuania, and Latvia. Its borders have moved consistently throughout history, as Belarus sits on the "Invader's Road between Poland and Moscow." Russians, Poles, Lithuanians, Swedes, Germans, Tartars, Teutonic Knights, and others, including Napoleon, have battled for centuries over this territory; its citizens have stoically adapted to change, rebuilt their homes, and carried on with life.

Belarus has many famous sons including Marc Chagall and Irving Berlin. Fiercely independent, the people of Belarus are today reclaiming their national integrity and language and achieving success by carefully balancing industry and agriculture. A land of flat plains and woods, once covered in forests, Belarus strives to maintain its nature reserves, especially the Belovezh Reserve, Europe's largest primeval forest where bison (Europe's largest mammal) now number in their thousands.

Typical souvenirs are flax dolls - handmade toys from villages where flax (linseed) is grown extensively for oil and linen production.

## Belgium

The small and charming kingdom of King Albert II and Queen Paola, situated on the west side of the European continent, has existed as a nation only since 1830. It has three official languages – Flemish, French, and German – and a variety of landscapes. The western part, Flanders, is flat and agricultural, whereas the eastern Wallonia, is hilly and wooded.

The western and central regions of Flanders and Brabant have known many exciting moments, as they rose to great commercial and political power from the Middle Ages onwards. Past glory is still tangible in the historical centers of such splendid cities as Bruges and the capital, Brussels. Here, in times of great prosperity, art flourished. Some of the world's greatest painters made Belgium their home: Rubens, Memling, Van Eyck, and Bruegel.

Belgium continues as an affluent nation where its people live prosperously, proud of a glorious past, and aware of their role in Europe today. Its territory is a mere 11,788 square miles, and its population amounts to approximately 10 million. Small as it is, the country has a lot to offer: beautiful sights; wonderful arts and crafts such as delicate and refined lace and exquisite Flemish tapestries; and of course, such specialties as Belgian waffles and temptingly rich chocolates.



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## Bulgaria

Bulgaria is situated in southeastern Europe, bordering Turkey, Greece, and the Federal Republic of Yugoslavia. It is a small country, but it encompasses a great variety of scenery: huge stretches of beaches, unspoiled countryside, great mountain ranges, and imposing Roman remains. About a third of the country is covered with forests.

Bulgaria was governed by the Communist party from 1946 to 1990; it became a parliamentary democracy in 1991. Most of its residents belong to the Bulgarian Orthodox Church, speak Bulgarian, and use the Cyrillic alphabet.

Bulgarian food is varied; much use is made of fresh vegetables and salads. Grilled meat is often served and yogurt is often used in cooking and with salads. Many desserts have a Turkish flavor, such as baklava and pastries soaked in honey. Bulgarian wines are of high quality and there's a wide range of spirits, such as silvova, Mastika, fruit brandies, and vodka.

## Czech Republic

A small stone pyramid just outside the city of Cheb in Western Bohemia symbolizes the exact center of Europe. Situated at the very heart of the continent, the Czech Republic is rich in culture and history. Its hundreds of castles, medieval towns, and elegant spa resorts have remained virtually unscarred by the events of time. Prague is a constant reminder of eras past, with its Gothic, Renaissance, and Baroque palaces, churches, and monuments.

The Czech Republic covers an area of 30,441 square miles and comprises Bohemia and Moravia-Silesia. Bohemia is basically a 1,600-foot high plateau surrounded by low mountains, whereas Moravia is made up of fertile lowlands.

Czech cuisine does not lure many gourmets, but most restaurants offer a good selection of meats, many cooked with stewed fruits, and served with cabbage or sauerkraut and dumplings. Beer (*pivo*) is the main drink. Try a Plzensky Prazdroj or Budvar. Shoppers seek fine Bohemian crystal, ranging from simple pieces to valuable multi-colored works of art. Other good buys are linen blouses and tablecloths.



## Egypt

This is the land of the Pharaoh and the cradle of civilization, dating back more than 5,000 years: a unique combination of mystery and beauty. Throughout the centuries, the culture of ancient Egypt has fascinated the whole world. Some of the greatest monuments in the history of mankind are found here: the temples at Karnak and Luxor, the valley of the Kings and Queens, and the only survivor of the Seven Wonders of the ancient world, the Great Pyramids.

Situated in northeast Africa, Egypt is at the junction of the land routes joining Africa to the Near and Middle East. It covers an area of approximately 386,000 square miles, with a population of about 62 million people. Egyptian weather is gloriously sunny all year round, with star-studded evening skies. Its people are very proud of their ex-president and unforgettable hero Anwar Sadat, who won the Nobel prize for peace. It is the principal filmmaking country in the Arab world; the novelist Naquib Mahfouz won the 1988 Nobel prize for literature.

Egypt offers a variety of cuisine, from international to spicy Middle-Eastern recipes. It is one of the best places to shop for cotton clothing, gold and silver jewelry, handmade carpets, perfumes and of course, papyrus.

Pyramids, Egypt



## France

With an area of roughly 212,500 square miles, France is the largest country in Europe – yet only a fourteenth the size of the United States! Shaped roughly in the form of a hexagon, it has almost entirely natural boundaries: the North Sea, the Atlantic, the Pyrenees, and the Mediterranean. It is a modern country steeped in tradition with architectural masterpieces and rural scenery unchanged for many centuries. The French are justly proud of their magnificent palaces, churches, cathedrals, and castles, as well as their historic and modern-day monuments.

France was the birthplace of Impressionism with its talented painters including Monet, Manet, and Degas. France is also the homeland of great philosophers, writers, and scientists, such as Voltaire, Victor Hugo, and Pasteur.

The climate, the variety of the soil, local produce, and the skillful *savoir-faire* of its chefs have earned French cuisine international fame. Try one of its numerous cheeses, over 400 in total, and be sure to visit one of its pastry shops, called *patisserie*. Relax and watch the world go by in one of its cafés in true French style. This is a country firmly and successfully established in the 20th century, yet still maintains its legendary *douceur de vivre*, or "sweetness of life."

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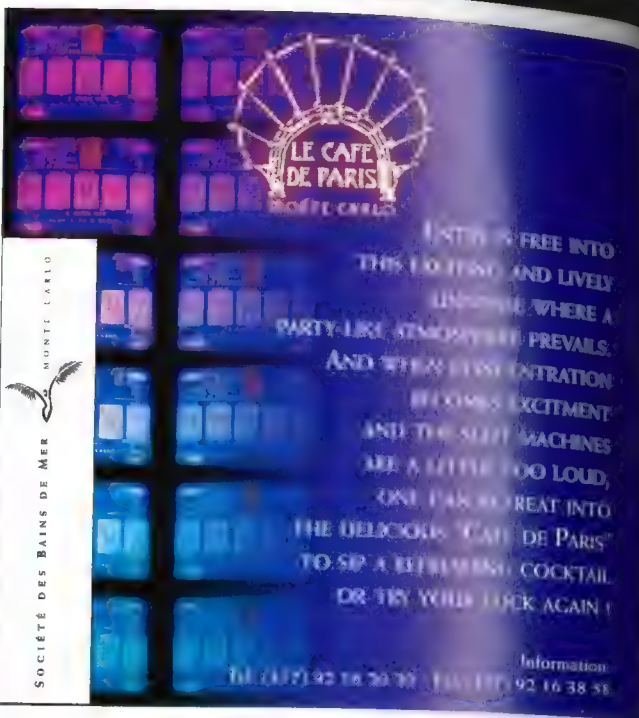
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## Germany

On November 9, 1989, Berlin was the happiest city in the world! After 28 years as a symbol of barbarism and imprisonment, the wall had fallen and within a year Germany had been reunited. Bonn has served as the capital of the Federal Republic of Germany since 1949; a move to Berlin is planned for 1999.

Germany is loved for its writers and composers, architects and painters, inventors and reformers, but also for its castles and rivers, fairy tales and legends. German citizens renowned throughout the world include: Martin Luther the reformer and bible translator, Albrecht Dürer painter and sculptor, writers Schiller and Goethe, and the composers Beethoven and Richard Wagner.

Germany offers fine wooden products, religious items in Bavaria, and the famous cuckoo clocks of the Black Forest. Also look out for excellent china and porcelain (Meissen and Rosenthal) as well as glass and crystal. Local specialties include Sauerbraten (marinated beef in a brown sauce), Eisbein (salted knuckle pork), and Bratwurst (fried sausage). It is notably a white-wine producing country; vineyards can be found throughout. Over 1,200 breweries produce beer in this country that is known for its annual Oktoberfest. Each year more than 6 million people enjoy the 16-day celebration.

Neuschwanstein Castle, Germany



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## Gibraltar

Only 15 miles from the north African coast, at the northeastern entrance to the Straits of Gibraltar, the Rock is 2.8 miles long, 0.9 miles across at its widest, and home to a population of approximately 29,000 people. The Barbary apes in Gibraltar are the only native monkeys in Europe.

The history of Gibraltar began in 711 with the invasion of the Moors. Their leader, Tarik ibn-Zeyad seized the Rock and named it after himself, Tarik Mountain. Spain recaptured Gibraltar in 1462, then in 1704 it was ceded to the British, and has remained a British Crown Colony ever since.

Gibraltar's official language is English, and the currency is pound sterling, though Spanish pesetas are also accepted. Enjoy shopping on Main Street for porcelain, pottery, and pearls. And for a bite to eat, try one of the delicious Indian restaurants.

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## Greece

Greece is made up of more than 1,400 picturesque islands (only 169 are inhabited) in the heart of the Mediterranean Sea. Its population of 10.5 million people consider hospitality a "sacred obligation." In Modern Greek, the word for "foreigner" (*xenos*) still means guest.

The country is home to some of the greatest classical sites in the world, where ancient and modern blend beautifully. In the capital, Athens, the 2,500-year-old Acropolis overlooks and dominates the city, mystical and silent. Greece is the birthplace of the Olympic Games (the original running track still exists) and the motherland of 12 gods, the poet Homer, the philosopher Aristotle, Hippocrates the "father" of medicine, and the philosopher Socrates.

Greece has a reputation for exquisite jewelry and gold and silver workmanship. Delicate embroidery and lace also make good purchases, as well as handmade icons depicting saints. Some Greek dishes worth trying: *yemista* (tomatoes, bell peppers, zucchini and eggplant stuffed with rice and nuts in the oven), *dolmades* (cabbage or vine leaves stuffed with beef and rice), and *stamnaki* (beef cooked in a clay pot with cheese, tomato sauce and potatoes). Sample *ouzo*, the national drink, with *ouzomezedes* or ouzo snacks. Finish your meal off with a cup of coffee with baklava.

Parthenon in Athens, Greece





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■ Heraklion - visit to Knossos	45
■ Santorini - visit Akrotiri excavations	47
■ Myconos - visit Delos Apollo sanctuary	37



## Holland

The Dutch past, present, and future revolve around water. Reclaiming land from the sea, conquering floods, building bridges, dams, and dikes, Holland has always been a seafaring nation. In the 16th century, many Dutch merchants sailed the oceans establishing new trade routes and discovering new worlds. In 1625 the Dutch founded a settlement in the New World, which evolved into vibrant New York.

Holland is one of the most densely populated countries in the world, a small monarchy inhabited by 15 million people, in an area of 16,000 square miles. The official name of the entire country (12 provinces plus overseas territories) is "Kingdom of the Netherlands." "Neder" means "low," an appropriate name since more than 1/3 of the land lies below sea level. Agriculture is an important source of income; cheeses include Gouda and Edam, and its flowers and bulbs are exported worldwide. Diamonds are an excellent buy in Amsterdam.

Although renowned as engineers, some of Holland's most famous citizens are artists, such as Rembrandt, Van Gogh, and Frans Hals. Other famous names include Erasmus, Spinoza, van den Vondel, the composer and organist Sweelinck, and the physicist and astronomer Christian Huygens.



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## Hungary

More than 1,100 years of history produced a powerful nation controlling the Carpathian basin. It is a country of thundering Huns led by Attila, fearless Avars, and dominating Magyars, all of whom found a new home in the heart of Europe, an area which reminded them of the endless Asian steppes of their origins. This republic is made up of vast plains, as well as mountainous highlands. Budapest, its capital city, is divided into two distinct sections: Buda on the right bank, is built on wooded hills rising from the Danube, while Pest, on the left bank, is on a plain. In Budapest you'll find wonderful examples of baroque and rococo houses and churches.

The main seasoning in Hungarian food is paprika; this plus fresh and sour cream are added to stews, sauces, and soups with delicious results. Hungarian pastry cooks and confectioners have always been famous, so don't pass up dessert!

Items you may want to shop for include Halas lace, Herend china, costume dolls, embroidery, and good wines; Tokay is considered the king of wines, and the wine of kings.

Budapest, Hungary



## Israel

Still in its infancy as a republic (50 years young!), Israel is rich in history. It is the Holy Land, where monotheism (belief in one God) originated - Judaism, Christianity, and Islam. And it is a country of contrasts, where the ancient and modern exist side by side.

Israel's compact territory, surrounded by sea, desert, and mountains, covers approximately 8,000 square miles, with over 6 million inhabitants (5 million Jews, 850,000 Moslems, 150,000 Christians, and 100,000 Druze). Many of its people are immigrants who came from 70 different countries bringing with them a wealth of customs and cuisine. The climate is temperate: mild winters with rain from November to April, and hot, dry summers.

More than half of the world's diamonds are cut, polished, and set here. Israel has an advanced hi-tech and pharmaceutical industry, but also a thriving agricultural heritage, rich in products such as avocado, mango, dates, olives, and succulent Jaffa oranges. A popular meat dish is *shwarma*, normally served with pita bread, salad, and chips. *Falafel* (ground and fried chickpea balls) served with pita bread, *tahini* (thin sesame seed paste), and salad is a must when it comes to local specialties.

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## Italy

A melting pot of ideas and people from three different continents, Italy is unique in its wealth of art, architecture, and literature. Every period in the history of art is represented: ancient Egyptian obelisks, perfectly preserved Greek temples, imposing Roman ruins, early Christian basilicas, medieval towns, gothic cathedrals, Renaissance palaces and gardens, baroque churches and squares, neoclassical opera houses.

Many Italian names appear in the universe of art and science. Dante, Petrarch, Boccaccio, Collodi, Pirandello, Levi, Eco, stand out among its writers. Men like Leonardo da Vinci, Galileo, Marconi, and Fermi made great contributions to the progress of scientific thought. Opera was born in Italy and has won a mass audience throughout the world with singers like Caruso, Lanza, and Pavarotti performing Rossini, Puccini, Bellini, or Verdi. Works by artists of the caliber of Giotto, Leonardo da Vinci, Michelangelo, Bernini, have attracted visitors to Italy over the centuries.

Crafts are diverse in each region: the fine leather goods and exquisite 18-carat jewelry of Florence; the thousand-year-old craft of glass blowing of Venice; the cross-stitch embroidery of Assisi; the cameos of Pompeii; and the inlaid woodwork of Sorrento, make Italian artisanship famous worldwide.

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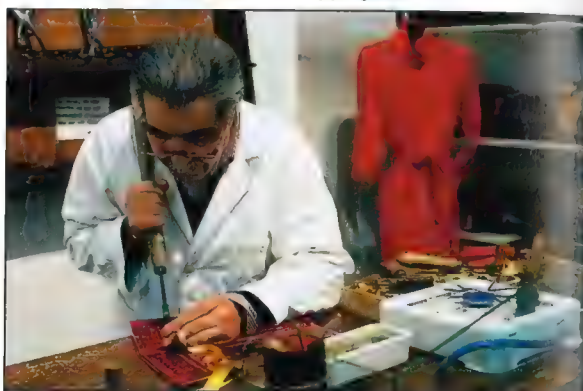


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## Jordan

A rich historical and cultural heritage make Jordan a fascinating country to explore. Pilgrims passed through this land westward on their way to the Holy Land, or southwards to the shrines of Mecca and Medina. Sites that are mentioned in the Bible are found throughout the country. Today, Jordan is a modern, bustling country, striving to race ahead into the Third Millennium despite its limited natural resources.

The climate is typically Mediterranean, though very dry. Jordanians are known for their hospitality, plying guests with traditional Arabic coffee and mint tea. Cuisine varies from Mediterranean to the basic, but very tasty, food of the Bedouin. Other than the ever-present *hummus*, *falafel*, and *mutabbal*, you might sample the many *mahshi* dishes – vegetables stuffed with rice and minced meat, and the Bedouin *mansaf* which locals enjoy eating with their hands.

Amman is the ideal place for bargain hunting: the gold souk offers jewelry at prices to write home about. Also shop for traditional handcrafted gift items, such as embroidery, leather work, olive-wood carvings, and pottery.

## Morocco

Intriguing and fascinating, Morocco is an Arab country just nine miles from Europe. Set in the northwestern corner of the African continent, it is bordered by the Atlantic Ocean, the Mediterranean, Algeria, and Mauritania. The climate is temperate to warm, and it is a land of exceptional diversity: beautiful beaches, fertile valleys, the High Atlas Mountains with 400 peaks over 3,000 meters, and the Sahara desert.

Moroccan cuisine is varied and healthy. A traditional first course is *harira*, a thick vegetable soup. Main courses include *tajine*, a stew of beef, chicken or lamb cooked in a traditional conical pot, flavored with lemons and olives, as well as *couscous* – a tiny pasta usually served with vegetable stew and meat. Moroccan dinners are often accompanied by traditional music, dances, and, of course, the belly dancer. Mint tea is part of daily life; to the locals it is a token of friendship and an offer of hospitality, its green color symbolizing good luck.

A visit to the souks is a must to sharpen bargaining skills (no fixed prices), and to seek beautiful carpets, Fez blue pottery, woodcrafts, leather goods, or handcrafted brass plates.



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## Poland

Poland has approximately 40 million inhabitants, most lucky enough to live on a vast and fertile plain the size of New Mexico; in the south, chains of mountains such as the Tatras create a dramatic change of scenery. The climate is typical of Central Europe – four distinct seasons. Warm summers help to ripen delicious cherries and apples, and snowy winters make one think of hearty stews and vodka!

It was Poland's early form of democracy that made her neighbors nervous, but despite centuries of oppression, the Poles never abandoned their unique culture. The music of Chopin, palaces of Warsaw, medieval castles, gorgeous Renaissance cities such as Krakow, and a landscape dotted with churches, are all reminders of Poland's incredible will to survive. It is now one of the most dynamic countries in Europe.

Typical food that visitors to Poland can enjoy include *pierogi*, dumplings resembling ravioli which are stuffed with meat; *zurek*, a sour, appetite-inducing soup; a dish of stewed cabbage and meat called *bigos*; and of course a glass of Polish vodka. Polish amber (fossilized, million-year-old pine-resin) combined with Polish silver makes stunning jewelry. Leather, dolls, and crystal are also popular choices.

Warsaw, Poland



## Portugal

This is a magical country that once extended its roots worldwide – one that blends grandeur with simplicity and friendliness. Its climate is mild, influenced in the north by the Atlantic Ocean and in the south by the Mediterranean. Its countryside is mostly hilly or mountainous near the Spanish border; picturesque villages blend with green fields or golden sandy beaches in glorious contrast.

Portugal's economy derives from agriculture (olives, wines, cork, fruit, cereals), forestry, fishing (sardines, cod), shipbuilding, and industry. Famous citizens include the great explorers Prince Henry the Navigator, Magalhaes (Magellan), and Vasco da Gama; José Saramago (Nobel prize for Literature 1998); the architect Alvaro Siza Vieira; Fado singer Amalia Rodrigues.

It has a rich and varied gastronomy: try some of its excellent fish dishes, its wide selection of pastries, and its fine wines and brandies. When shopping look out for gold jewelry, silver filigree, glazed tiles, vintage port wines, and above all, embroidery.



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## Romania

Ruled by a Communist government from 1948 to 1989, Romania is now a parliamentary democracy. Almost 90 percent of Romanians are of Latin origin; they are intensely proud of their Roman heritage and yet orthodox in their religion. Residents speak Romanian, a Romance language derived mainly from Latin.

The climate is temperate with four distinct seasons. Southern Romania consists of the flat Danube plain, where the capital Bucharest is located. To the north of the country is mountainous Transylvania, a beautiful forested area famous as the heart of Dracula country.

Romania has a pronounced national culinary tradition with lamb and pork dishes, spicy sausages, and richly varied fish soups amongst the specialties. A traditional drink is Tzuica (plum brandy) which varies in strength, dryness, and smell according to locality. Local wines and beers are also very good.

## Russia

Russia is the largest country on the face of the earth. It stretches across eleven time zones and its boundaries are over 40,000 miles long. The countryside is timeless; endless expanses of forests and cultivated plains are interspersed with picturesque villages where the people still draw water from wells and carry it with buckets on a yolk. Russia is a land of contrasts: of snow and freezing cold winters, but also of majestic mid-summer "white nights" at northern latitudes where the sun never sets. Its cities are well endowed with extravagant but glorious palaces of its czars and former nobility, and with the onion-domed Orthodox churches of Old Russia.

Russian food is hearty and filling. Caviar is now an affordable luxury. Tasty soups include *borsch* (beetroot soup) and *shchi* (cabbage soup) served with *smetana* (sour cream). Bread is wholesome, and fruit and vegetables have the organic taste of yesteryear. Local drinks include beer, sparkling wine ("Soviet champagne"), and vodka consumed straight, ice-cold, plain, or flavored.

Worthwhile souvenirs are colorful nesting dolls and exquisite lacquered boxes with scenes from Russian folk tales that villagers painstakingly paint with squirrel-hair brushes. There are colorful patterned plates and kitchen utensils from Khokhloma on the Volga, and ages-old amber jewelry from the Baltic coast.

## SCANDINAVIA

### Denmark

Small is beautiful – that's often the description Scandinavians give to their favorite holiday destination. The fairytale country of Hans Christian Andersen has a charm all of its own, with colorful rolling landscapes, picturesque villages, and some of Europe's most beautiful castles. Denmark is almost completely surrounded by water: the Baltic Sea to the south, Kattegat Sea to the east, Skagerrak to the north, and the North Sea to the west.

Denmark is also known as the land of many greats. Music and culture are represented by names such as Carl Nielsen and Hans Christian Lumby the composers, and authors like Hans Christian Andersen and Karen Blixen with her famous book *Out of Africa*. Many current cultural establishments are financially supported by the Carlsberg Foundation, based on the famous brewery, so one could say that the more Carlsberg beer is consumed, the better the museums!

Danish cuisine ranges from typical Christmas dishes like roast pork in brown gravy with sugar browned potatoes, red cabbage, and pickled pears, to steaks and the famous fried flounder. When shopping, look for Danish amber jewelry and Royal Copenhagen porcelain.

### Finland

If your quest is a land of untamed wilds and primordial roots, then in 130,000 square miles of Finland you've found it! Though the winters are dark and long, during June and most of July, the midnight sun shines both day and night, and midsummer daylight lasts for 19 hours!

Items to look for while shopping: modern glassware, pottery, and charming wooden Christmas ornaments. In a country of about 188,000 lakes, fish is a natural choice at mealtimes: try the salmon (*lohi*), rainbow trout (*kirjolohi*), pike (*hauki*), Baltic herring (*silakka*), perch (*ahven*), or the small whitefish species (*muikku*). Other extraordinary specialties include reindeer and moose. You'll find the famous cold table, universal in Scandinavia, called *voilepapoyta*. It is served at a fixed price, and it is quite in order to return for two or three helpings.

Finland has approximately 5 million citizens and about 1.6 million saunas; you'll find them everywhere – in homes, hotels, motels, holiday villages, and camping sites. For a Finn a sauna is no luxury, but a necessity and way of life. After trying a sauna you'll probably agree.



## Norway

Norway is a country unsurpassed in the beauty of its thousand-mile coastline, jagged with fjords and its craggy, uncompromising mountains. It is the fjords which most excite the imagination of the visitor: the power and majesty of the mountains, the changing moods of the sea, the charm of the tiny villages nestled along the rugged coast.

This seafaring nation has an exciting explorers' history – from the Viking Leif Erikson who crossed the Atlantic to America half a millennium before Columbus, to the thrilling Arctic and Antarctic expeditions of Roald Amundsen. The capital city, Oslo, features maritime museums that house Thor Heyerdahl's raft, the Kon Tiki, and also three Viking ships dating back to the 8th and 9th centuries.

Knitted sweaters are a must to buy; their beautiful patterns, inspired by history and tradition, are a part of the Olympic skier's uniform. Culinary specialties include baked salmon, *geitost* (brown goat cheese), *roemmergroet* (sour cream porridge), *lefse* (a cold potato flour roll with butter and cinnamon), and *multer* (cloud berries). Order a glass of Line Aquavit in a local bar – a Christmas schnapps that has crossed the equator twice before being bottled – and the natives will regard you as a true connoisseur.

## Sweden

Lakeland, forests, and a coastline of a thousand islands describes the home of a great outdoors nation. A natural cradle for athletes, Sweden is proud to have raised sports stars of the caliber of golf players like Jesper Parnevik, Lotta Neuman, and Annika Sorenstam, and tennis players like Björn Borg, Mats Wilander, Stefan Edberg.

With a territory of approximately 188,000 square miles and a population of nearly 9 million, Sweden is by far the largest of the three Scandinavian countries. Vast tracts of the country are uninhabited, especially in the austere north. There are few large towns and the general standard of living is high. Many Swedish companies are amongst the world's elite: Ericsson for telecommunications; Volvo and Saab car manufacturers; and Electrolux, the home appliance giant.

Local specialties to try include Baltic salmon, small meatballs served with berries, or some of the many types of herring. Shopping possibilities: the hand-painted wood-carved Delahorse, which is a national symbol, and beautiful Swedish glass and crystal.

## Spain

Blessed with a wide range of climates and landscapes, and a wealth of historic monuments, Spain is a country no serious traveler can afford to miss. With about 195,000 square miles, it is only slightly smaller than its northern neighbor France, but with less than 40 million inhabitants it is not as densely populated. Landscapes are dotted with attractive villages and charming towns, hilltop castles and Moorish palaces, and orange groves and vineyards.

Whoever thinks of Spain thinks of Don Quixote, the man from La Mancha, who, before he became famous because of the musical, was the protagonist of the book of the same name written by Cervantes in the 16th century. Not all of Spain's famous characters are fictional; who hasn't heard of Plácido Domingo, José Carreras, or Monserrat Caballé, famous opera singers, or Spain's best known voice: Julio Iglesias? Well-known artists of all centuries were born here: Velazquez, Goya, Picasso, and Dali.

Spain offers a varied cuisine, the range of dishes is almost endless: roast lamb, suckling pig, marinated fish, clams, salads, spicy sausages, goat or sheep cheese, vegetable stews and much more. With the long coastline, fresh fish abounds; one seafood rice dish that everybody has to try is *paella*. Excellent wines are produced in virtually every part of the country.

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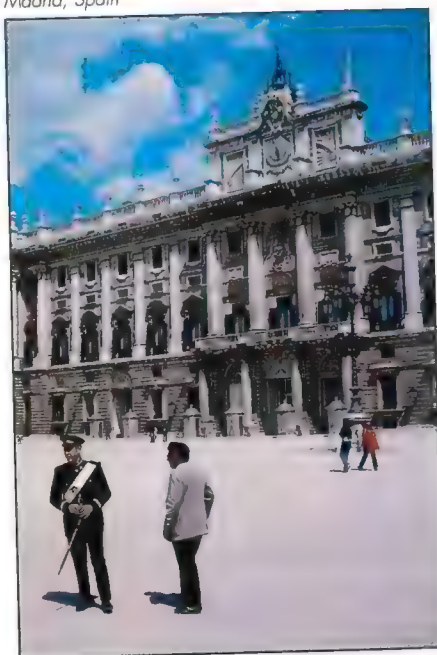
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The Swiss love their mountains; in the cold months they enjoy winter sports, such as skiing and ice skating, and in the summer they don hiking boots to explore the valleys and the magnificent views from the summits.

Local specialties to try: cheese dishes such as raclette and fondue; *rösti*, the Swiss-German shredded fried potato; and *bircher muesli*, the healthy breakfast invented by Dr. Bircher. Don't forget to try one of the many Swiss specialty breads. Good shopping possibilities: Swiss watches, woodcarving, embroidered table linen, and chocolate.

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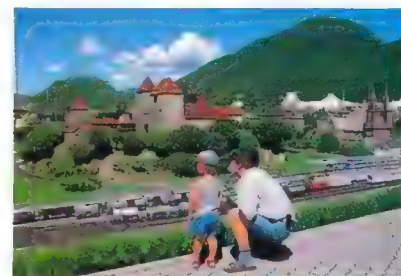


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## Spain

Blessed with a wide range of climates and landscapes, and a wealth of historic monuments, Spain is a country no serious traveler can afford to miss. With about 195,000 square miles, it is only slightly smaller than its northern neighbor France, but with less than 40 million inhabitants it is not as densely populated. Landscapes are dotted with attractive villages and charming towns, hilltop castles and Moorish palaces, and orange groves and vineyards.

Whoever thinks of Spain thinks of Don Quixote, the man from La Mancha, who, before he became famous because of the musical, was the protagonist of the book of the same name written by Cervantes in the 16th century. Not all of Spain's famous characters are fictional; who hasn't heard of Plácido Domingo, José Carreras, or Monserrat Caballé, famous opera singers, or Spain's best known voice: Julio Iglesias? Well-known artists of all centuries were born here: Velazquez, Goya, Picasso, and Dali.

Spain offers a varied cuisine, the range of dishes is almost endless: roast lamb, suckling pig, marinated fish, clams, salads, spicy sausages, goat or sheep cheese, vegetable stews and much more. With the long coastline, fresh fish abounds; one seafood rice dish that everybody has to try is *paella*. Excellent wines are produced in virtually every part of the country.

Q

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## Tour Conditions

PLEASE READ CAREFULLY

SEE YOUR BROCHURE FOR FULL TOUR CONDITIONS

### Cancellation fees

If cancellation is received by Cosmos more than 45 days prior to departure, the non-refundable deposit will be retained (maximum 20% of total price). For cancellations received within 45 days of departure, the following per person cancellation fees apply:

45-16 days prior to departure: 20% of total price.

15-1 day prior to departure: 35% of total price.

On departure day or later: 100% of total price.

Cancellation fees for some tours are higher. See your brochure for details.

Cancellation charges also apply to additional accommodations reserved prior to and after the tour.

If flight changes are requested after the deposit has been received, or if flights are canceled after tickets are issued, revision fees or airline cancellation charges will be applicable. If an air-inclusive tour is cancelled after receipt of air tickets, refund will be processed after return of air tickets.

If Cosmos cancels a tour, we will re-book passengers on the same tour with a different departure date or a similar tour; if Cosmos has confirmed flights on the canceled tour we will confirm flights for the alternate tour. All re-bookings are subject to availability.

If the alternate tour is not acceptable, we will refund all monies paid to Cosmos by your travel agent; there is no additional liability. Cosmos cannot assume responsibility for any additional costs or any fees relating to the issuance and/or cancellation of air tickets or other travel arrangements not made through Cosmos.

### Revision fees

A handling fee of \$30 per transaction will be charged for any alteration or revision made to a reservation. A change of tour date or tour itinerary within 45 days of departure will be treated as a cancellation and new booking; regular cancellation fees apply.

### Membership

In order to ensure congenial membership, Cosmos reserves the right to accept or reject any person as a tour participant and to expel from the tour any participant whose conduct is deemed incompatible with the interests of the tour group.

### Travelers who need special assistance

Any disability requiring special attention should be reported to Cosmos at the time the reservation is made. Cosmos will make reasonable attempts to accommodate the special needs of disabled tour participants, but it is not responsible in the event it is unable to do so, nor is it responsible for any denial of services by carriers, hotels, restaurants, and other independent suppliers. Touring motor-

coaches are not equipped with wheelchair ramps. We regret that we cannot provide individual assistance to a tour member for walking, dining, getting on and off motorcoaches and other transportation vehicles, or other personal needs. Travelers who need such assistance must be accompanied by a qualified companion.

### Hotel and ship accommodation

The hotels (or ship as applicable) listed in the brochure will be used on most departures. If a change becomes necessary for any reason, hotels or ship substituted will be the equivalent of those shown.

While every effort is made to reserve only twin-bedded rooms, it may occasionally happen that a hotel provides some double-bedded rooms instead. These rooms will be allocated to couples.

### Private bath and single rooms

If, very exceptionally, private bath or single rooms are not available as reserved by us, refunds will be made by the tour director. Claims made in this respect cannot be accepted after the tour.

### Baggage

No responsibility is accepted for loss of or damage to baggage or any of the passengers' belongings. A travel protection plan that includes baggage insurance is recommended.

### Not included in the tour price

Federal Inspection Fees for U.S. Customs and Immigration; International Air Transportation Tax; Agricultural Tax; Security Fee; airport taxes; passports; visas where required; tips to your tour director, tour drivers and local city guides; gratuities on cruise ships; laundry, beverages and food not on the regular table d'hôte menu (these items will be billed to you before leaving the hotel or restaurant); all other items of a personal nature.

### Service inquiries after the tour

If after returning from the tour you wish to inquire about any tour services provided, please ensure that all correspondence relating to those services is received by Cosmos Quality Control (addresses below) within 60 days after the tour completion date. This will enable Cosmos to make timely investigation.

### Responsibility

Group Voyagers Inc., 5301 S. Federal Circle, Littleton, CO 80123-2980 in the United States and Lontours Canada Limited., 1061 Eglinton Avenue West, Toronto, Ontario M6C 2C9 in Canada (hereinafter referred to as "the Company") in the United States and Canada respectively, are responsible to you in making arrangements for the tour services offered in the brochure, including transportation, sightseeing, and hotel/lodge accommodations.

The carriers, hotels/lodges, and other suppliers providing tour services are independent contractors and are not agents, employees, or servants of or joint ventures with the Company or its affiliates. All certificates and other travel documents for tour services

issued by the Company are subject to the terms and conditions specified by the supplier, and to the laws of the countries in which the services are supplied.

If, after tour departure, the services included in the tour cannot be supplied or there are changes in an itinerary for reasons beyond the control of the Company, the Company will arrange for the provision of comparable services. Any resulting additional expense will be payable by tour participants and any resulting saving will be refunded by the Company to tour participants.

The Company reserves the right to accept or reject any person as a tour participant, to expel any tour participant from the tour, to make changes in the itinerary whenever the Company deems it necessary to the comfort, convenience, or safety of the tour participants, and to cancel a tour at any time.

The tour participant agrees that neither the Company nor its affiliates shall be liable for any damage, loss (including personal injury, death, and property loss), or expense occasioned by any act or omission of any supplier providing tour services or of any other person.

Legal proceedings against the Company in the United States may be instituted only in a state or federal court located within the State of Colorado, and any claim involved in such proceedings shall be decided in accordance with the laws of the State of Colorado. Any legal proceedings against the Company must be commenced within one year following the date of tour completion. Neither the Company nor any affiliate shall in any case be liable for other than compensatory damages, and you hereby waive any right to punitive damages.

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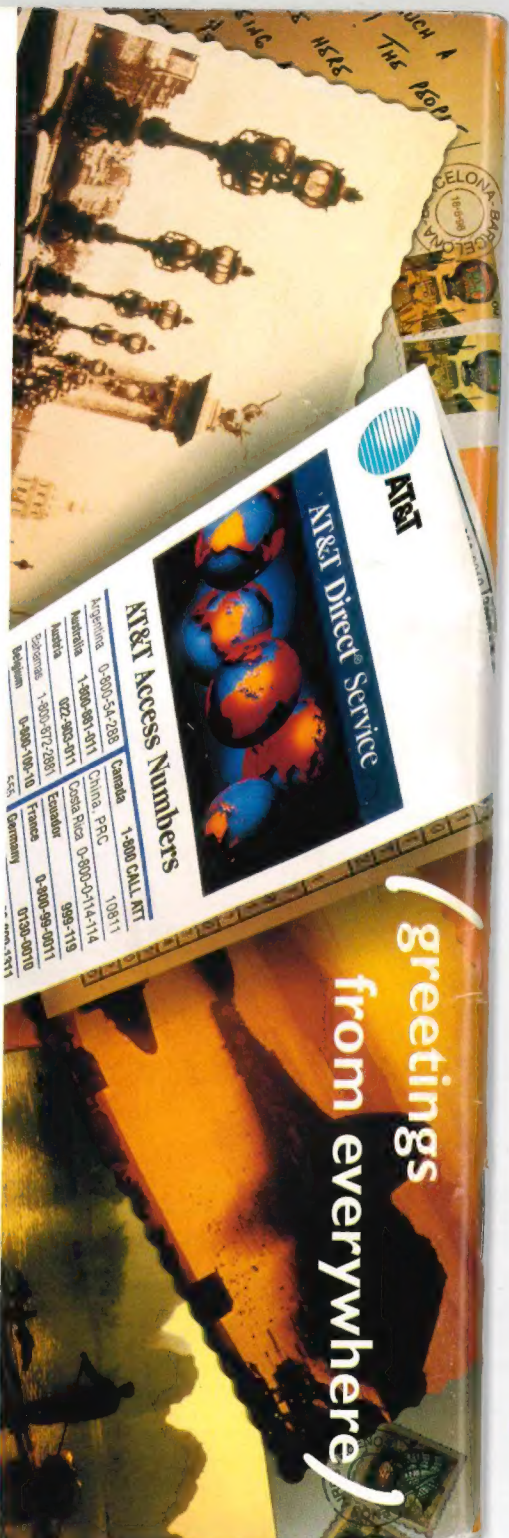
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